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Human Food



Excerpts from the Galactic Legal Quorum's Diplomatic Corps Training Manual on Human Foodstuffs

The horrors of Terran culture do not stop at their "sports". Human cuisine can be disturbing, and as such, sophonts with delicate constitutions or an aversion to violence, slaughter, or general mayhem, should stop reading now. - *Introduction, Human Foodstuffs*

The lactic secretions of several domesticated animals from earth, notably bovines, *bos taurus*, can be harvested and made into a variety of human consumables. These processes can be... upsetting. It should be noted that while the "milking" of cows does not harm the animals, they are also used for their meat. Sophonts who reject foods for moral reasons may consume "dairy" mostly without worry, except for Kilviks, and Muntuars. As usual, use your own discretion.

This "milk", as humans call it, can be consumed "fresh from the cow", although virtually all consumer options are pasteurized for safety. The substance can also be processed using an enzyme originally derived from the stomach of an infant *bos taurus*, which results in a substance commonly called cheese.

While cheese is a type of food, there are a vast variety of subtypes that exist, most of which range from pleasant to mildly off-putting. However, some, especially rare regional and specialty varieties are outright horrors, including mold infested rinds on the outside, or strains of mold running throughout the cheese itself. In one remarkable version, which is outlawed even by humans, but continues to be produced and eaten by a small but dedicated minority, live insect larvae infest the cheese.

Not all "dairy" products are as horrifying. For example, letting the liquid settle, and harvesting the lipid heavy portion which floats to the top yields a liquid called "cream". This cream can be further processed through vigorous stirring into a substance called "butter".

Butter is a common flavoring agent in many types and styles of cuisine from Earth, and is making inroads into a number of GLQ species cooking repertoires, as well.

The milk and cream can also be processed into a frozen confection called "ice cream". It should be noted that ice cream can contain a huge number of different flavoring agents, ranging from fruits to various unbaked and baked doughs, as well as nuts, extracts, and "candies". "Rocky Road" noticeably contains extracts, nuts and candies all in the same "flavor". As such, ice cream

is on the extreme caution list along with "soups and stews", "greens salads", and other multi ingredient foods which may pose a high risk of containing some element which is toxic to non Terran consumers. -ch. 3 Dairy, Human Foodstuffs

This section requires a military clearance to access, and is recommended for obligate carnivore and warrior castes only. If a human asks if you would like to attend a "barbeque" politely decline, and notify a superior to assess the situation diplomatically*. -ch. 8 Barbeque, Human Foodstuffs*

While Terra has many cultures, it has just as many foods for each culture. Each culture and its subsequent cuisine may also have regional varieties. Some notable versions of varietal cuisine on Earth include classic French from the northern and southern region, as well as American Barbeque from the Northern, Southwestern and Southern regions, as well.

"Fusion cuisine" is also common. This is a blending of two or more cultural varieties of cooking to produce a third blended style of cooking. It is advised that all GLQ members avoid any type of fusion cuisine as it may contain unexpected ingredients which may cause serious or life threatening reactions in the consumer.

Also of note is that due to the density of organic materials grown and produced on Earth, (an effect of its high gravity,) most Terran food is incredibly high in caloric value. In addition many prepared foods are high in lipids and proteins which will require GLQ members to closely monitor their food stuff intake so as not to cause health issues due to over consumption. However, due to this same fact, Terran food makes for excellent emergency supplies, and a small stockpile is recommended for any emergency preparedness kit, where compatible biology allows.

If you are unsure how to prepare something, asking a human Chef will always garner you suggestions, and possibly offers of assistance. Be sure to proceed with caution, but allow them to assist. In return, a common token is the purchase of several of the beverages known as beers, for the chef's help.

Owing to the "death world" nature of Terra, it is rife with many types and sub types of food stuffs. With caution and diligence, an exciting and expensive feast awaits those adventurous individuals willing to suss out safe menu items.

-In Conclusion, Human Foodstuffs